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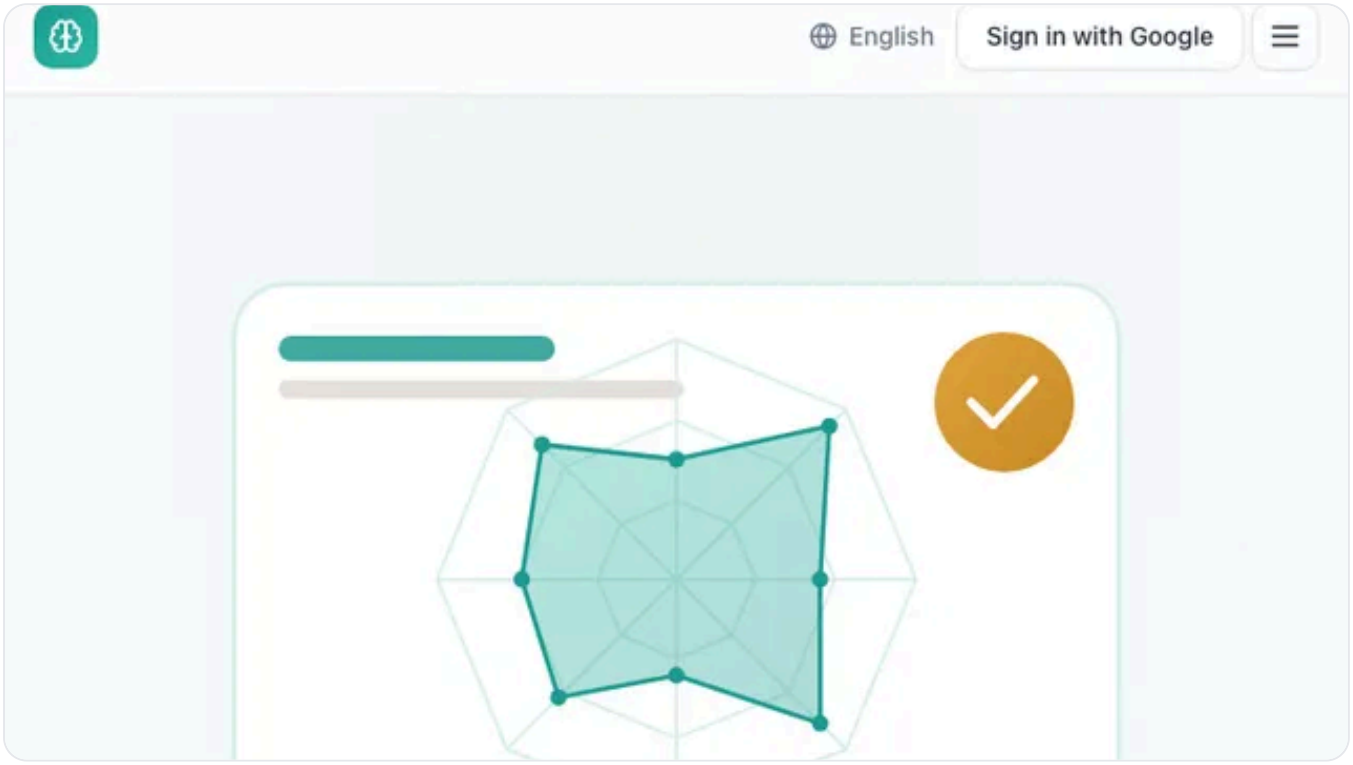
ADHD Test

Free adult ADHD self-screening with an optional AI personalized report, private and no sign-up required.



About

ADHD Test is a free ADHD test for adults that helps you screen for common attention and executive-function patterns in about 3 minutes. It uses a research-backed 6-question ASRS v1.1 screener, shows an initial Low, Moderate, or High result, and can generate an optional AI personalized report. The tool is private, requires no sign-up, and is framed as educational self-screening only, not a medical diagnosis.

What is ADHD Test

ADHD Test is a free ADHD test for adults built around an ASRS v1.1-based self-screening

months, then summarizes your result so you can better understand your own patterns. This ADHD test is designed to be private and quick: the site says it takes about 3 minutes, requires no sign-up, and lets you delete your answers anytime.

The app also offers an optional AI personalized report. That makes the ADHD test useful not only as a short screener, but also as a way to get clearer educational language you can use when thinking about next steps or discussing concerns with a qualified professional.

Key features

The ADHD test focuses on a small set of practical features rather than a long assessment:

- **ASRS v1.1 6-question screener**: the core ADHD test is based on a research-backed adult screening format.
- **Fast completion**: the site states the flow takes about 3 minutes.
- **Private by design**: no sign-up is required, and the site says your answers stay private.
- **Immediate result summary**: the ADHD test returns a Low, Moderate, or High result after the questions.
- **Optional AI personalized report**: users can unlock an AI-generated report for a more tailored explanation.
- **Sample report preview**: there is a sample AI report page so you can see the style before using the tool.
- **PDF export**: the site mentions PDF export, which is useful if you want to save the ADHD test output for later review.

The most important thing to understand is that this is a screening tool, not a clinical service. The ADHD test is meant to help you notice patterns, not to replace evaluation.

How to use it

Using the ADHD test is straightforward, and the flow is short enough to complete in one sitting.

1. Open the test on the web and begin the free ADHD test.

- Review your initial Low, Moderate, or High result to see how your answers line up with common ADHD-like traits.
- If you want more context, unlock the optional AI personalized report.
- Save or export the result as a PDF if you want a record to revisit later.

Because the ADHD test is private and does not require an account, you can use it without creating a profile first. That makes it easier to try once, compare your result against your own experience, and decide whether to talk with a clinician.

Who it is for

This ADHD test is aimed at adults who want a quick, low-friction way to explore whether their focus, organization, or follow-through patterns resemble common ADHD screening signals. It may be especially helpful if you:

- want a free ADHD test before booking an appointment
- prefer a private tool with no sign-up
- want a short screener instead of a long questionnaire
- are looking for language to discuss concerns with a healthcare professional
- want an educational report rather than a diagnosis

The ADHD test is also a reasonable fit for people who are unsure whether symptoms are ADHD-related or something else, because the site explicitly encourages you to treat the result as a starting point rather than a final answer.

What to know before you use it

The biggest caveat is that the ADHD test is not a diagnosis. Only a qualified professional can diagnose ADHD after a full evaluation, and the site also notes that a self-screening result cannot rule out other causes such as anxiety, depression, sleep problems, or burnout.

There are a few other limits worth keeping in mind:

- The ADHD test is educational only, so it should not be used as a substitute for medical care.

It should not replace a clinical assessment for work, school, or legal purposes.

A Low result does not necessarily mean there is no problem, and a High result does not confirm ADHD.

If you need documentation or treatment decisions, use the ADHD test as a prep step and then rely on an official evaluation.

Used this way, the ADHD test can be a practical first step: quick, private, and easy to understand, while still reminding you that a screening tool is only the beginning of a broader conversation.

FAQ

What is the ADHD Test based on?

Is the ADHD Test a diagnosis?

Is the ADHD Test a diagnostic tool?

How long does the ADHD Test take?

How does the optional AI report work?

Do I need an account to use it?

Is my data private?

Can I save or export my result?

Who should use this ADHD Test?

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adhd-test

Pricing	Free
Category	AI
Platform	Web
Launched	Aug 2026
Updated	10 days ago
Verified	1 months ago

TAGS

adhd # screening # health # mental-health # asrs # private # self-assessment # ai-report # adult-adhd # psychology

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